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AUTHOR	King, Katheryn
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ABSTRACT

This course outline is a guide (grades 7-12) for teaching speed-a-way, a game combining soccer, basketball, speedball, and field hockey skills. The course format includes discussions, demonstrations, skills practice, films, and tests that focus on mastery of skills, understanding of rules and officiating, testing skill performance and rules knowledge, strategies and game play, and development of safety and social awareness. Course content includes the following: (a) history, (b) terminology, (c) description of game, (d) equipment and area, (e) safety procedures, (f) rules and regulations, (g) techniques and fundamentals, (h) game strategy and tactics, (i) playing courtesies, and (j) social and ethical values. Learning activities include warm-up exercises, lead-up games, drills and skills practice techniques. Structured activity, teaching aids, and resources for student and teacher are recommended. Procedures for giving a skills test are outlined. (A 10-item bibliography is included.) (PD)

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Speed-a-Way

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PHYSICAL EDUCATION

Written by

Katheryn King

For The

DIVISION OF INSTRUCTION
Dade County Public Schools
Miami, Florida
1971

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I. COURSE GUIDELINES FOR COURSE NUMBER

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5554.14	5564.14
5555.14	5565.14
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A. Student Classification: Girls or Boys
B. Grade Level: 7 - 12
C. Level of Performance: General
D. Suggested Prior Experience: None
E. Subject Status: Elective
F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND BROAD GOAL

Junior High: 9.8416 (1) a,c,d,i,j
Senior High: 9.9420 (1) d

A. Description of Purpose

Speed-A-Way is a game for girls' or boys' classes and is a combination of soccer, basketball, speedball, and field hockey with the opportunity for players to run with the ball as in football. The game is fast, challenging and should make a significant contribution to the students' physical fitness.

B. Methods

This unit will consist of class discussions, demonstration and practice of basic fundamental skills, viewing of films and officiating techniques, participation in game situations and class tournaments, written and skill tests.

C. Areas of Concentration

Class period will be devoted to the mastery of skills, understanding of rules and officiating, testing of skill performance and rules knowledge, strategies and game play, and development of safety and social awareness.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVE

A. Class Participation Objective: 40% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) d,e,g
Senior High 9.9420 (2) i

All students will demonstrate ability in fundamental skills and strategies as listed in Course Content. These abilities will be developed in class periods during lead-up games, skill drill activities and regular game play. The majority of students will achieve average or better ratings as evaluated by teacher observations and as recorded on an incidence chart and/or checklist. Items of consideration will include:

a. Dribbling and trapping
b. Punting, place and drop kicking
c. Throwing and catching
d. Conversion to aerial balls
e. Juggling and blocking
f. Guarding and tackling
g. Team work
h. Offensive and defensive strategies
i. Officiating techniques

2. State Accreditation Standard: Junior High 9.3416 (2) e,f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-i.

B. Basic Skills Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) d,e,g
Senior High 9.9420 (2) i

All students will be rated on a minimum of three skills tests and the majority of students will achieve an average or better score. Tests may be chosen from Dade County Public Schools curriculum Bulletin 5-H or other sources. Suggested tests include:

a. Punt
b. Foot trap
c. Tow-legged lift
d. Soccer ball throw
e. Wall foot pass
f. Zigzag dribble

2. State Accreditation Standard: Junior High 9.8416 (2) e,f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

C. Course Content Knowledge Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) d,e,g
Senior High 9.9420 (2) i

All students will respond in writing to an objective test and the majority will achieve an average or better score. This test will be based on study sheets, films, and class discussions. Questions from the following areas will be included:

a. History
b. Rules of play
c. Safety procedures
d. Terminology
e. Game strategy
f. Officiating

2. State Accreditation Standard: Junior High 9.8416 (2) e,f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiences listed in 1. a-f.

D. Social and Personal Attitudes: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) d,e,g
Senior High 9.9420 (2) i

Social and personal attitudes displayed by all students will be evaluated by teacher observation via checklist and/or incidence chart throughout the entire unit. The teacher shall motivate an atmosphere wherein the majority of students will respond and exhibit desirable behavior. This evaluation will be based on the following items:

a. Good sportsmanship
b. Emotional control
c. Following class policies
d. Consideration of others
e. Leadership and or followership
f. Integrity and perseverance

2. State Accreditation Standard: Junior High 9.8416 (2) e,f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

IV. COURSE CONTENT
(This section may be duplicated for distribution to students).

A. History

Speed-A-Way was originated as a game for girls by Marjorie Larsen in California and the first rule book was published in 1950. It is a field team game and is a combination of soccer, basketball, speedball, and hockey, with an opportunity to run with the ball. Speed-A-Way has grown in popularity throughout the United States, Canada, England, and India and is now being played by both boys and girls. The game was developed out of a need for a lead-up game to field hockey and for a game that could bring enjoyment and satisfaction to participants without a great deal of time spent in learning complicated rules and special techniques.

B. Terminology

1. Aerial Ball. A ball lifted into the air by a kick with the feet. A kicked ball may be caught on a fly or after one bounce and played as an aerial ball.

2. Attacking Team. Members of the team in possession of the ball.

3. Blocking. Intercepting the progress of a ground ball with any part of the body except for the hands. Goalkeeper may use hands.

4. Ground Ball. A ball that is rolling, stationary on the ground, or that has bounced more than once.

5. Defending Team. Members of the team which does not have possession of the ball.

6. Dribble. A succession of kicks forward in which the player controls the ball with the feet and advances it on the ground.

7. Drop Kick. A play in which a caught ball is dropped from the hands and is kicked just as it bounces up from the ground.

8. Foul. An infringement of the rules for which a free kick, free throw, or penalty kick is awarded to the opponents.

9. Free Kick. A place kick awarded at the spot where a foul occurs during the play of a ground ball outside the penalty circle.

10. Free Throw. A throw taken from the spot where a foul occurs during the play of an aerial ball.

11. Guarding. Using the arms in any plane to impede progress of an offensive player as long as no contact is made with opponent or ball. Player with the ball may be guarded by only one person.

12. Juggle. A play in which a player tosses the ball into the air and catches it either once or in a series. Player may be tagged at completion of a juggle or when the ball rests in the hands. A juggle may be used to score a touchdown.

13. Kick-Off. Means of putting the ball in play with a place-kick at center line after each score and at start of each quarter.

14. Kick-Up. Means of converting a ground ball into an aerial ball.

15. Penalty Corner. Putting the ball into play after a foul committed by the defensive team inside the striking circle.

16. Pivot. A player holding the ball steps once or more in any direction with the same foot keeping the other foot in contact with the ground.

17. Place-Kick. A play in which the player, with or without steps, kicks a stationary ball either into the air or on the ground.

18. Punt. A ball that is dropped from the hands and kicked before it touches the ground.

19. Tagging. Using one or both hands to touch a player on the back who has moved with the ball by either running or juggling. Tagging stops the play at the point of the tag.

20. Throwing. Advancing an aerial ball with one or two hands to another player. Only the goalkeeper may catch a thrown ball after it has touched the ground.

21. Trapping. Stopping the flight of a ball by securing it under one foot, both feet, or between the front of the legs and the ground.

22. Volley. A player meets the ball with some part of the body such as the hip, head, or knee. This does not convert a ground ball to an aerial ball.

C. Description of the Game

Speed-A-Way is a game played by two teams of 11 players, whose object is to advance the ball to score by kicking a ground ball between the opponent's goal, by running or throwing the ball over

the end line, or by kicking a drop-kick over the crossbar and between the uprights. The team wins that has the higher score at the end of playing time. (This game is adapted from SPEED-A-WAY by permission of the author, Marjorie S. Larsen, 1754 Middlefield Road, Stockton, California).

D. Equipment and Area

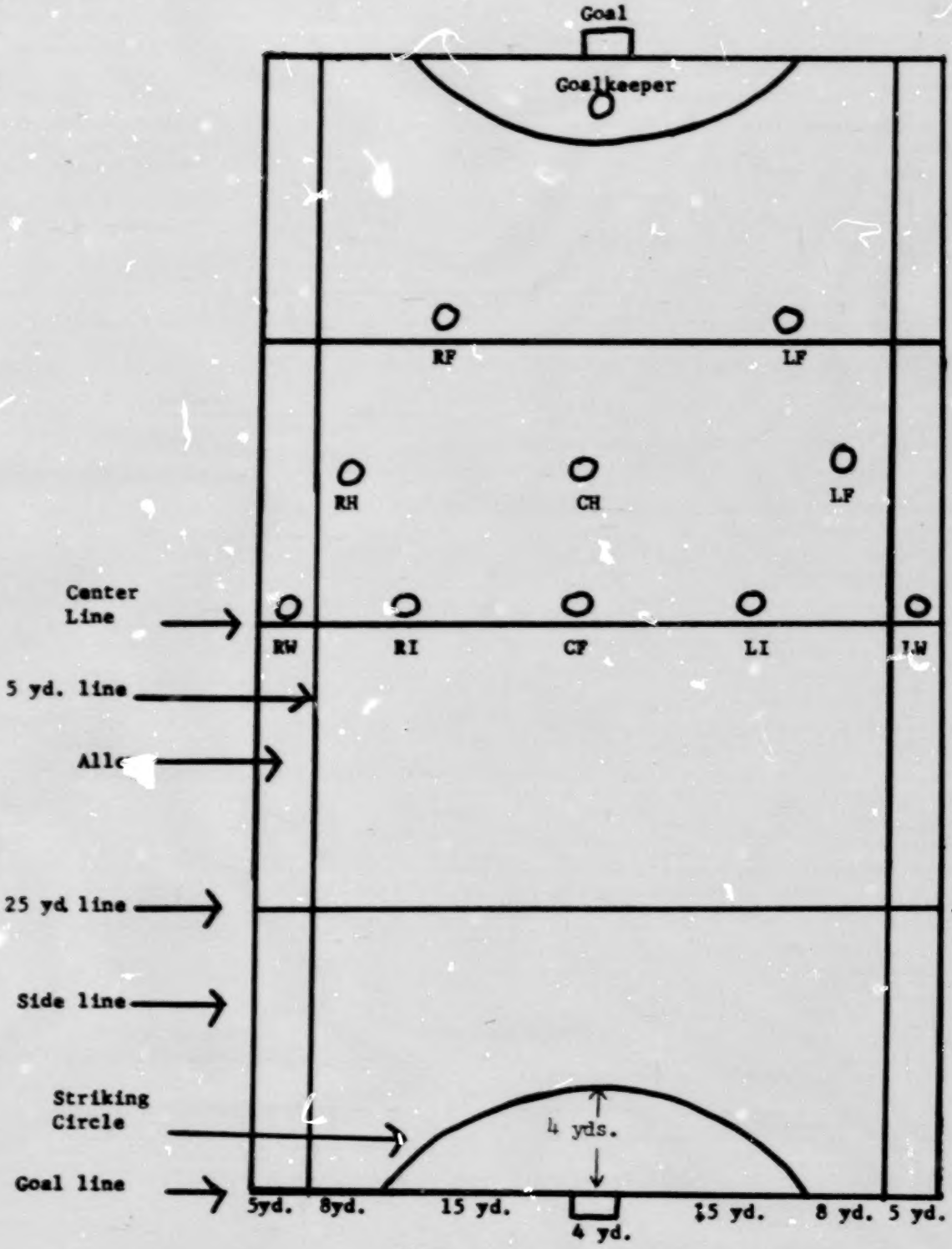
1. Equipment

a. The official ball is a soccer ball.
b. Shin guards may be worn but are not necessary.
c. Each team should wear a distinguishing color. Pinnies are recommended. The goalkeeper should be distinguished from other members of the team.

2. Playing Field

a. Speed-A-Way can be modified to the area available but the official field is 100 yards by 60 yards. Minimum field size is 75 yards by 45 yards.
b. The field is divided into four equal parts.
c. The goals consist of two posts 4 yards apart joined by a crossbar 7 feet above the ground. Wire may be used (four feet back) to enclose the goals.
d. A striking circle is drawn in a quarter circle and connected at the center of the goal line fifteen yards from each goal post and four yards in radius.
e. Five-yard lines are drawn inside each side line running the length of the field.

LINE-UP AND PLAYING FIELD



E. Safety Procedures

1. Good player position play is essential in Speed-A-Way.

2. Body control and skill in handling the fundamentals of running and stopping quickly will eliminate much body contact.

3. Balls should be properly inflated.

4. The referee should have control of the game at all times.

5. Player should be encouraged to stop play immediately when the whistle is blown.

6. Players who wear glasses should wear protectors.

7. Any rough play should be discouraged.

8. Playing fields should be level and free of hazards.

9. Kicking the ball directly into players at close range should be discouraged.

10. Team play and its value in preventing accidents must be emphasized.

F. Rules and Regulations

1. Players

Speed-A-Way is played by two teams of eleven players on each team designated as forwards (forward line), namely: left wing, left inner, center forward, right inner, and right wing; the backfield consists of three halfbacks: left, center, and right; two fullbacks: left and right; and one goalkeeper.

2. Substitutes

Substitutes may enter the game only when the ball is dead. A player who has been taken out of the game may re-enter the game twice.

3. Scoring

a. Field goal - three points
   (1) Kicking the ball between the opponent's goal post from within the striking circle.
   (2) A drop kick under the crossbar from within the striking circle.

NOTE: A field goal cannot be scored directly from a penalty corner or from a free-kick.

b. Touchdown - two points
   (1) Running across the endline but not between the goal posts with the ball.
   (2) Passing the ball to another player or juggling the ball to oneself over the endline but not between the goal posts.

   NOTE: There must be three passes before a touchdown may be scored following a throw-in.

c. Drop-Kick over the cross-bar - 4 points
   If the field has football-type goalposts, a drop-kick that passes between the goal posts and over the cross-bar may be used to score.

d. After any score has been made, the ball is returned to the center of the field and the team scored against has the option of kicking-off or letting the opponent kick-off.

4. The Game

The game should consist of four quarters of eight minutes each with two-minute rest periods between quarters and a ten minute interval between halves. Quarters may be shortened by mutual consent of the teams.

The winner of the toss has the choice of kick-off or of choosing the goal to defend. At the beginning of each quarter the team shall kick-off which did not kick-off the previous quarter. Goals shall be changed at half-time.

If the score is tied at the end of playing time, the score shall stand.

The game shall start with a kick-off from the center of the field. The ball may be kicked forward or may be lifted to a teammate. The ball must go forward at least the distance of its own circumference. All players must be in their own half of the field and all players except the kicker must be five yards away from the ball.

5. Time-Out

a. Time-out may be called by any player on the team in possession of the ball when the ball is declared dead or at any time in case of injury.
b. Three time-outs of one minute each shall be allowed each team.

6. Player Privileges

a. The ball may be caught and thrown whenever it is an aerial ball. A kicked ball which is caught on the fly or first bounce is considered an aerial ball.

b. Any ground ball may be converted into an aerial ball only with the feet except for the goalkeeper. A player who has legally caught a ball may run, juggle, or play as a ground ball as well as throwing to a teammate.
c. A player who has caught an aerial ball may hold the ball for three seconds without liability of being tagged. Once a player has moved with the ball, she may be tagged on the back and the play is stopped and the opposing team is awarded a free-kick. If a player is tagged in the striking circle, a penalty corner is awarded.
d. A player may legally guard an opponent with the ball as long as no contact is made. Only one person may guard a player with the ball.
e. A player either moving or standing still may juggle the ball any number of times. A juggle may be intercepted.

7. Goalkeeper Privileges

a. The goalkeeper may handle the ball with her hands at any time anywhere on the field.
b. She may play the ball anywhere on the field and may score.
c. She may play the ball with either hands or feet regardless whether it is a ground ball or an aerial ball and may be tagged as any other player.

8. Out-of-Bounds

a. If the ball goes over the side line, an opponent of the player last touching the ball, throws the ball in from behind the side line. All players must be out of the alley until the ball has been thrown. No goal may be scored from a throw-in.
b. If the ball goes out of bounds over the goal line but not between the goal posts, the opponents are awarded the ball 15 yards from the nearest goal post. The ball may be kicked or thrown and all other players must be at least five yards from the ball.
c. A ball that goes out-of-bounds off the feet or hands of two opponents, a toss-up shall be awarded at a spot five yards from the boundary line opposite the spot where the ball went out.

9. Tie Ball

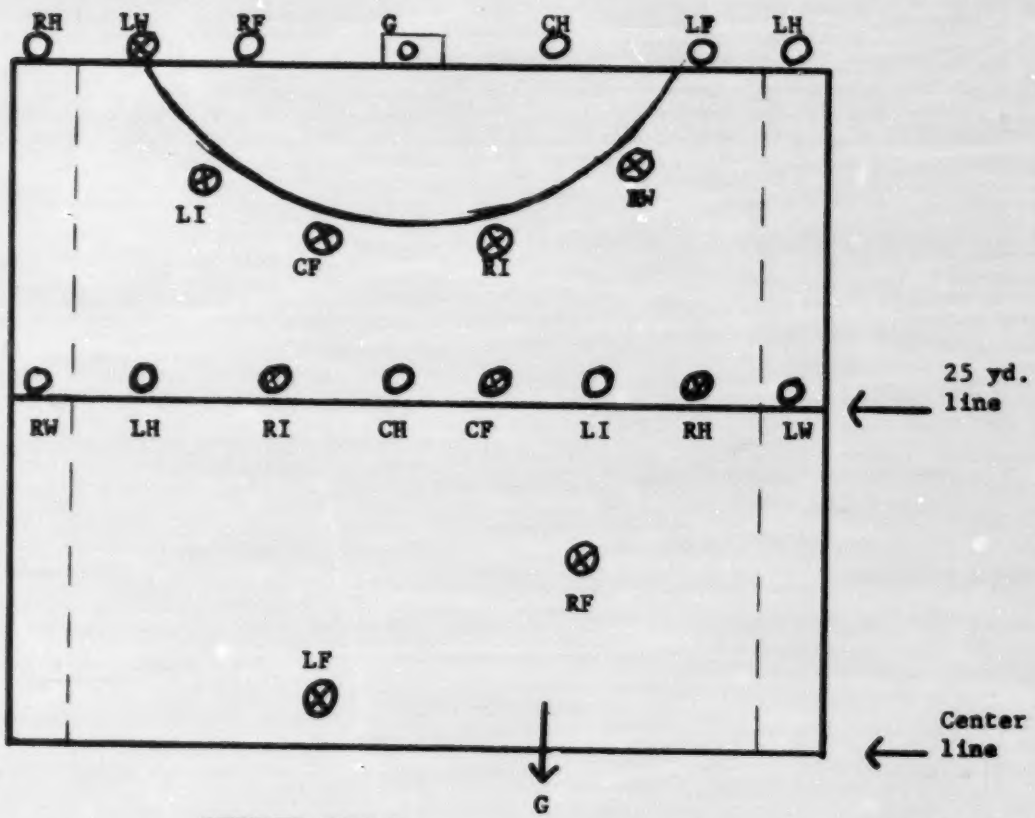
a. A tie ball is declared when the ball is held by two opposing players simultaneously. The official shall toss the ball between the two players who may hit the ball with one or two hands. If an opponent places her hands on the ball in possession of any opponent, a free-kick is awarded. A score may not be made directly from a toss-up.
b. Neither of the two players involved in the toss-up may play the ball until it has touched the ground or has been touched by some other player.

10. Free Kick

a. The team awarded a free-kick shall put the ball in play with a place-kick at the point where the foul occurred. All players shall stand at least five yards from the ball except for the kicker.
b. The ball must travel at least the distance of its circumference. It may be kicked or lifted to a teammate.

11. Penalty Corner

a. A penalty corner is awarded the attacking team if the defending team commits a foul in its own striking circle.
b. A wing player of the attacking team puts the ball in play from a point on the goal line 15 yards from the nearest goal line with a throw, a punt, place kick, or a drop kick.
c. For a penalty corner, the attacking team must be outside the circle, the backfield players of the defending team must be behind their own goal and the rest of the defending team shall stand on or beyond the nearest 25 yard line.



PENALTY CORNER

12. Fouls

A foul is an infringement of any rule of the game. Players shall not:

a. Touch a ground ball with the hands.
b. Hold the ball longer than three seconds unless running.
c. Guard a player with the ball by more than one player.
d. Trip, shove, push, strike or charge an opponent except to tag a moving player.
e. Knock the ball from the hands of an opponent or kick an opponent.
f. Stand closer than five yards to the ball on a free-kick or kick-off or to the player taking a penalty corner or thrown-in.
g. Score directly from a free-kick, throw-in, or a toss-up.

13. Penalties

a. For a foul committed outside the striking circle, a free kick is awarded where the foul occurs.
b. For a foul by the attacking team inside the striking circle, the defending team is awarded a free kick from any point inside the circle.
c. For an infringement of the free kick rules, a free kick is awarded the opponents.
d. For a foul by the defending team inside the striking circle, a penalty corner is awarded the attacking team.
e. For rough play or poor sportsmanship, the official has the power to warn the offending players or to suspend them from the game.
f. A double foul occurs when a player from each team commits a foul simultaneously. A toss-up is awarded on the spot where the fouls occur.

14. Officials

a. Two umpires
Each umpire is responsible for one half of the field without changing ends. The umpire shall:
(1) Make all decisions for fouls outside or inside the boundary lines. Indicates by use of signal of the arm which team is to put the ball in play and call the play to be made.
(2) Remove any player for roughness or unsportsmanlike play.
(3) Put the ball in play at kick-offs.
(4) Signifies when a score has been made.

b. Four linesmen
Linesmen shall be stationed at each corner of the field to assist the umpire in making decisions regarding out-of-bound balls and any other decisions as requested by the umpires.

c. Scorekeeper

Records all scores made by each team and records the number of time-outs taken by each team and the number of times a player re-enters the game.

d. Timekeeper

The timekeeper keeps account of playing time, time-outs, and signals the umpire the end of each playing period.

e. The number of officials may be modified according to skill of the players and the objectives of the group involved.

G. Techniques and Fundamentals

Speed-A-Way is primarily a passing and running game, therefore, it is suggested that kicking (other than punting) and dribbling not be emphasized and that the "lift-up" to a teammate or self be stressed.

1. Punt. The ball is held at arm's length and approximately waist high. Body weight is on the left foot; the right leg swings back and then forward as the ball is dropped so that the top of the right foot meets the ball below and behind center. The knee of the kicking foot is held straight. The follow-through is forward and upward.

2. Drop-Kick. Body weight is on the left foot and the right leg is swung back and then forward contacting the ball with the top of the foot just as it bounces up from the drop to the ground.

3. Place Kick. Body weight is on the left foot and the right toes contact the stationary ball after a backswing of the right leg. Ball may be lofted into the air or sent along the ground.

4. Foot Trap.

a. Single. Ball is secured between the inside of the leg and the ground. The leg is bent at the knee.
b. Double leg. The weight of the body is distributed over both feet and both knees are bent over the ball securing it with the front of both legs or the insides of both legs and the ground.
c. Sole of the foot. One leg is raised forward with the knee bent and heel down. The sole of the foot is placed on top of the ball.

5. Running. Players should run with the ball when not surrounded by opponents. If not clear, the ball should be passed or punted downfield.

6. Dribbling. Propel the ball forward on the ground by using the inside of the foot in a series of short kicks, keeping the ball close enough to have control. Ball is kicked alternately by the right and left feet but not necessarily kicked on each step.

7. Creating an Aerial Ball

   a. One foot lift to self. Put foot forward and let ball hit it. Catch the ball directly from the foot (which does not have to be lifted from the ground).
   b. Lift to a teammate. Knee is slightly bent and the trunk is inclined forward, meet the ball about one foot in front of the foot and place the toe under the ball. Ball is lifted into the air with a follow-through and a step forward.
   c. Kick-up to self with two feet. Cradle the ground ball between the inner part of the feet. Bend the knees outward and jump into the air lifting the ball upward into the hands.
   d. Roll-up. Place one foot directly in front of the rolling ball. Press the toe against the ground with the heel up so the ball will roll up the instep and can be caught.

8. Passing Aerial Ball. Any one-hand or two-handed pass may be used, except the bounce pass, to advance an aerial ball. The one-hand shoulder pass is probably the most effective.

H. Game Strategy and Tactics

Successful strategy in speed-a-way depends on teamwork. Position play is essential. Players should learn to convert a ground ball into an aerial ball quickly and without loss of motion. The punt is a strong weapon for both attacking and defending teams.

1. Offensive Strategy

The principal thing to remember in offensive play is position of players on the field. The front line should head the attack down the field, while the backs and guard should stay in position to cover on defense if the ball should be lost or intercepted.

The wings should be the first players across the goal line to receive passes from the forward line while the halfbacks should remain between the front line players and their own goal.

Variety in scoring is essential and players should practice the various ways to score.

2. Defensive Strategy

A man-to-man defense is effective, particularly when the opponents are using a passing game in their offensive maneuvers. If a kicking game is being used, defensive players need to cover the ball and defend the goal.

The defensive forwards should rush the opposing forward line on the kick-off to try to intereept the ball. The halfbacks should guard the areas between the inners and wings. The fullbacks should watch the wings downfield and try to intercept kicks or passes to them. Fullbacks are also responsible for the touchdown areas on both sides of the goal and should attempt to knock down passes.

Defending players should carefully mark offensive players during a penalty kick. Intercepting rather than preventing passes is the key to good defensive play.

Kicking or punting the ball far down the field is the best defensive technique. Forwards should not drop too far back and leave most of the guarding to the backs.

I. Playing Courtesies

1. Players should avoid any conduct which would reflect discredit on themselves or the team.

2. Players should refrain from indiscriminate kicking when the ball is surrounded by several players.

3. Player should not question the decisions of the officials unless it is evident that an error has been made in interpretation of the rules when it is permissable for the captain to request an interpretation.

4. Players should quickly retrieve a ball which goes out of bounds and wait for opponents to get back on the field before continuing play.

5. Players should give assistance to those who may not be as skilled.

6. All players should observe the rules and refrain from rough play as well as indicating responsibility for violation.

7. All players should thank their opponents for participating regardless of the score. Captains should thank the officials for their services.

J. Social and Ethical Values

As Speed-A-Way is a team activity with teamwork an essential fundamental for successful performance, many opportunities for the development of the finer qualities of acceptable social and ethical characteristics are much in evidence.

Encourage teamwork, tolerance, perseverarce, courtesy, cooperation, self-confidence, courage and integrity as a means of a student becoming an asset to the team and herself. These attributes may be discussed with the group as a means of each individual contributing to the success and enjoyment of the entire group.

V. LEARNING ACTIVITIES AND TEACHING PROCEDURES

A. Warm-up Exercises

Total fitness is best achieved and maintained by combining specific exercises with sports skill activities. Muscles should be warmed up gradually before subjecting them to vigorous effort. The large groups of the arms, legs, and trunk should receive major attention in limbering up exercises. The following exercises are recommended, but not limited as the types of exercises suggested to precede each class session during a field activity unit:

1. Jumping Jacks
2. Sit-ups
3. Jumps in Place
4. Squat Thrusts
5. Stationary Runs
6. Way-Back

B. Lead-Up Games

Interest is basic to learning, and if skills can be practiced through challenging lead-up games, a high level of interest will be maintained. Lead-up games help the student build the picture of the total activity by providing performance in the whole activity or a relatively large whole-part. This makes drills and practice purposeful and interesting to students. These games are a basic and integral part of each resource unit developed for a team sport. The following games are only suggestions for maximum participation in a vigorous activity. Many other lead-up games may be selected from Reference 1.c. under Teacher Resources and other sources.

1. Circle Leg-Roll

   a. Players. Teams unlimited.
   b. Equipment. Soccer balls.
   c. Skills. Conversion, throwing, catching
   d. Description. Players form a circle with one player in the center. The center rolls the ball to each player in the circle. Player in the circle extends their foot so that the ball will roll up the leg permitting the player to catch it. The ball is passed back to player in the center. Team finishing first is the winner. At the end of each round, a new player takes the center position.

e. Variations. The following conversions may be used:
   (1) Knee lift
   (2) Instep lift
   (3) Two-legged lift

2. Aerial Ball Conversion

   a. Players. Teams unlimited
   b. Equipment. Soccer balls
   c. Skills. Foot pass, trapping, and conversion
   d. Description. Each team assumes shuttle formation. The first player in line passes the ball with his foot to the first player in the opposite line. Receiving player traps the ball with the sole of his foot, applies pressure and snaps the foot back, as the ball rolls toward him, the foot is placed under the ball and lifts the ball upward to his hands. This player then rolls the ball to the second player in the opposite line. Each player runs to the end of the opposite line after his turn. Game is won by the team that first has all players back in original position. Other types of conversions may be used for variation.

3. Punt Ball

   a. Players. Teams unlimited
   b. Equipment. Soccer ball
   c. Skills. Punting and catching
   d. Description. The players are divided into two teams on a marked playing field. One team punts the ball toward the receiving team. If a member of the receiving team catches the punt on the fly, they may take three steps forward and kick the ball back to the other team. If the ball touches the ground before being caught, the ball must be returned from the spot where the ball is stopped. The team wins which first punts the ball causing it to land beyond the opponents goal line.

4. Scrimmage Ball

   a. Players. Six to a team
   b. Equipment. Soccer ball
   c. Skills. To develop offensive and defensive play
   d. Description. Five players line up at center line in forward line position. Defending team lines up as halfbacks, fullbacks, and goalie. Forward line puts ball in play and attempts to play the ball down the field for a touchdown or field goal. Defending team attempts to gain possession of the ball and play the ball back over the center line where they will become the offensive team and put the ball in play from center. The goalie of the offensive becomes the umpire. All players should rotate positions after each score. The game may be played for a specified time limit or to a specified score. Penalty for fouls shall be free-kick.

e. Variations.

(1) Game may be played with only dribbling and field goals.

(2) Game may be played with only aerial balls and touchdowns with fouls penalized by a throw-in. Any aerial ball becoming a ground ball would result in opposing team being awarded a throw-in.

C. Drills and Skills Practice Techniques

Speed-A-Way is primarily a passing and running game, therefore, it is recommended that moving rather than stationary drills be emphasized. Stress the lift-up and conversion to aerial balls rather than concentrating on soccer techniques. It is suggested that more time be spent in practicing game situation drills rather than individual techniques. Skills peculiar to the game may be practiced by squads with different drills being practiced by different groups. Student interest tends to ebb if too much time is spent in drilling, students should be allowed to play the game as soon as they have mastered fundamentals.

1. Dribble, Pass, Kick, and Punt

a. Purpose. To develop ability in passing and scoring field goals.

b. Players. Three squads

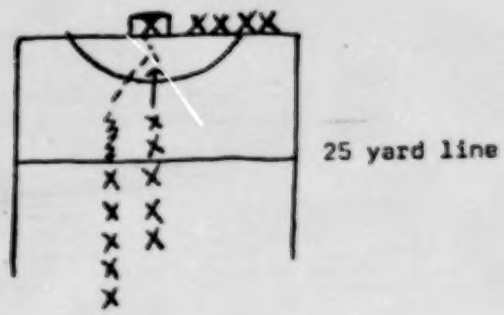
c. Equipment. Soccer balls and field goal area

d. Procedure. Players line up in two lines approximately 25 yards from the goal line. Another line or squad lines up on the goal line as goalkeepers. The wing player dribbles forward toward the striking circle and passes the ball to the forward who kicks for the goal. The goalkeeper attempts to stop the score and punts the ball back to the next wing player. The drill may be used from both sides of the field and players should rotate positions.

Dribble

Kick

Run



2. Pick Up with One Foot

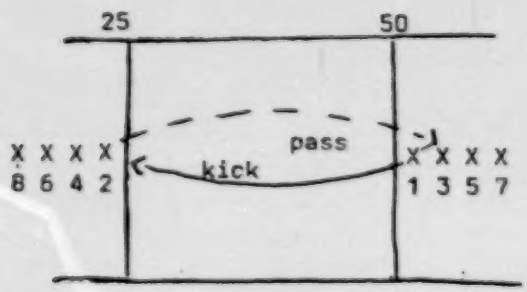
Divide the class into several groups composed of two lines of students facing each other about 15 feet apart. The first player in line No. 1 rolls the ball on the ground to the first person in line No. 2 who executes a one foot lift to self and then rolls the ball to the next person in line on the opposite side. The drill continues in this manner and may be repeated. Lifting the ball to a teammate may be practiced in the same formation.

3. Throw-In

a. Purpose. To practice the throw-in
b. Procedure. First player from line No. 1 throws the ball to first player from line No. 2 who receives the ball on the run and passes it to first player from line No. 3. Player from line No. 3 passes the ball back to line No. 1 and goes to the back of that line. Player from line No. 1 goes to line No. 2, etc. and drill continues until all players have received and thrown passes from each line.

4. Kick, Catch, and Pas

Players line up in shuttle formation by squads or groups approximately 25 yards apart. Player No. 1 punts the ball forward to No. 2 who catches the ball on fly or first bounce, runs forward and passes to player No. 3. Each player follows the ball forward after the play and goes to end of the opposite line. If a player fails to catch the kicked ball, they lift the ball to self and continue. The drill should continue until all players have executed a place kick, punt, and drop kick.



D. Suggested Structure of Activity

1. Approach to Presenting Unit

It is suggested that a combination of deductive and inductive approaches be used to teach speed-a-way which allows the student to get an overview of the game and understanding of the basic skills. After a game situation is introduced, drills and explanations may be injected as a planned sequence and when the progress of the class indicates that further knowledge and skills are needed.

2. Procedures

The introductory lesson in speed-a-way may be initiated with a short discussion of the historical development of the game and the manner in which it utilizes skills from other field games. Basic elements of the game should be presented and a demonstration and practice of ways to create an aerial ball would follow:

a. After players know how to create an aerial ball, when to run, and how to score, they should play a game. Fouls and penalties can be explained as they occur.
b. Introduce skills in short practice sessions by means of planned drills and lead-up games.
c. Emphasize the lift-up and pass. Position play may be introduced as knowledge and skill of player develops.
d. Obtain an official rules guide and construct a study guide for students.

3. Class Progressions

The instructor should take into consideration the level and ability of the students in the class, the area available, and the behavioral goals to be attained in determining the unit progressions. The following skills and knowledges should be considered in planning the unit to be presented:

a. Beginning players. The beginning player should learn to kick or lift the ball to self or a teammate, how and when to run with the ball, how to pass by either kicking or throwing, and a fundamental knowledge of rules and team tactics and strategy. The following sequence is suggested:
   (1) Brief history
   (2) Object of the game
   (3) Basic rules
   (4) Scoring
   (5) Fundamental skills (kicking, conversions, throwing, running)
   (6) Fouls and penalties
   (7) Skill practice (drills and lead-up games)
   (8) Basic team tactics and strategy
   (9) Evaluation

b. Advanced players. The advanced player should become skilled in all phases of the game and should understand and effectively use offensive and defensive strategy as well as officiating techniques. The following items should be considered:

(1) Individual techniques
  (a) All beginning skills
  (b) Additional skills of the drop-kick, juggle, pivot, blocking, and volleying

(2) Team tactics and strategy
  (a) Offensive and defensive team play
  (b) Methods of attack and defense

(3) Officiating
  (a) Officiating class and tournament games
  (b) Keeping score and time

(4) Evaluation
  (a) Skill tests
  (b) Written tests on rules, team play, and officiating
  (c) Demonstrate ability to participate in team play and strategies.

E. Teaching Aids

1. Speed-A-Way Guide Book
   Rules, charts and articles
   $1.75

2. Speed-A-Way Film
   Demonstrating the game of Speed-A-Way
   Rental $3.25 (B&W) or $4.50 (Color)
   Sale $65.00 (B&W) or $115.00 (Color)

   NOTE: This film entitled Speed-A-Way is also available from Dade County Audio-Visual Services, Film No. 1-04406. Forms for ordering this film may be obtained from the School's audio-visual representative.

3. Speed-A-Way Visual Charts
   8 charts for bulletin board display
   Each set $2.50

4. Speed-A-Way Sample Tests
   A, B, and C. With answer sheet
   Each test $1.25

The above items are available from:

Marjorie S. Larsen
1754 Middlefield
Stockton, California 95204

E. Recommended Teacher Resources

NOTE: The following lists are not exhaustive, nor are they intended as recommendations for purchase. Each teacher should preview and evaluate materials before using them. Titles of films and filmstrips that may be ordered from Dade County Audio-Visual Services are followed by catalog numbers. Forms for ordering these materials may be obtained from the school's audio-visual representative.

1. Books

a. A.A.H.P.E.R., How We Do It Game Book. Washington, D.C., Third Edition, N.E.A. 1964.
b. A.A.H.P.E.R., Physical Education For High School Students. Washington, D. C., N.E.A. 1955.
c. Blake, O. William and Volp, Anne M., Lead-Up Game to Team Sports, Englewood Cliffs, New Jersey, Prentice-Hall, 1964.
d. Meyer, Margaret and Schwarz, Marguerite, Team Sports for Girls and Women, Philadelphia, W. B. Saunders Co., 1957.
e. Vannier, Maryhelen and Fait, Hallis, Teaching Physical Education in Secondary Schools, Philadelphia, W. B. Saunders Co., 1969.

2. Guides and Manuals

a. California State Department, Physical Education for Girls in High School, Sacramento, California State Department of Education, 1957.
b. Dade County Public Schools, Progression Units, Curriculum Bulletin No. 5C, Miami, Florida, Dade County Board of Public Instruction, 1960.
c. Department of Physical Education for Women, Physical Education Handbook for College Women, Dubuque, Iowa, William C. Brown Co., 1955.
d. D. G. W. S., Soccer-Speedball-Flag Football Guide, Washington D.C., A.A.H.P.E.R., 1970.
e. Fait, Hollis; Shaw, John; Ley, Katherine, A Manual of Physical Education Activities, Philadelphia, W. B. Saunders Co., 1967.
f. Larsen, Marjorie S., Spead-A-Way, Third Edition, Minneapolis, Burgess Publishing Company, 1970.
g. Seaton, Don; Clayton, Irene; Leibee, Howard; Messersmith, Lloyd, Physical Education Handbook, Englewood Cliffs, New Jersey, Prentice-Hall, Inc., 1969.
h. Sports Skill Tests 7-12, Curriculum Bulletin 5-H, Dade County Public Schools, Miami, Florida, 1967.
i. State Department of Education, A Guide to Teaching Physical Education in Secondary Schools, Bulletin No. 5, Tallahassee, Florida, 1968.

F. Recommended Student Resources

1. Study Guide (IV. Course Content)

2. Books

a. A.A.H.P.E.R., Physical Education for High School Students, Washington, D. C., N.E.A., 1955.
b. Meyer, Margaret and Schwars, Marguerite, Team Sports for Girls and Women, Philadelphia, W. B. Saunders Co., 1957.

3. Guides and Manuals

a. D. G. W. S., Soccer-Speedball-Flag Football Guide, Washington, D.C., A.A.H.P.E.R., 1970.
b. Fait, Hollis; Shaw, John; Ley, Katherine, A Manual of Physical Education Activities, Philadelphia, W. B. Saunders Co., 1957.
c. Larsen, Marjorie S., Speed-A-Way, Third Edition, Minneapolis, Burgess Publishing Company, 1970.

4. Films

Audio-Visual Department, A-1

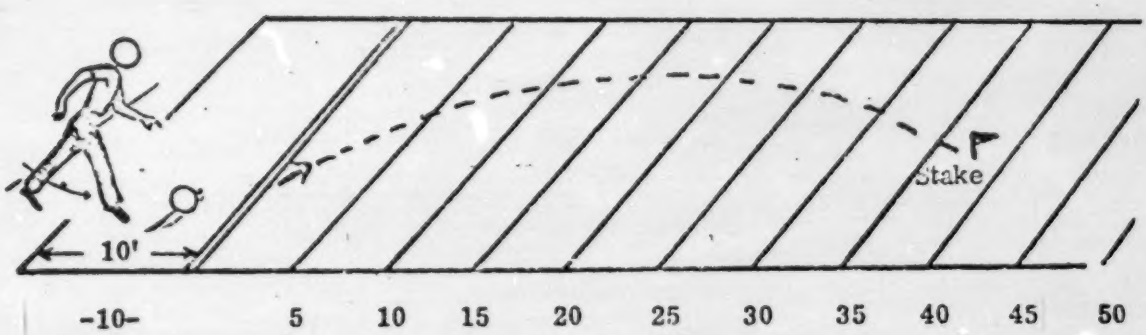
a. No. 1-04406 Speed-A-Way. 11', B&W, Larsen
b. No. 1-04432 Soccer for Girls. 11', B&W, Coronet
c. No. 1-04433 Speedball for Girls. 10', B&W, Coronet
d. No. 1-04434 Soccer: Let's Play. 10', Color, S L Film
e. No. 1-11761 Fundamentals of Soccer. 13', Color, All American.

VI. EVALUATION PLANS

A. Skill Tests

1. Punt

a. Purpose. To measure skill in punting for distance.
b. Equipment.
   (1) Soccer balls
   (2) Stake markers
   (3) Measuring tape
   (4) Field markings



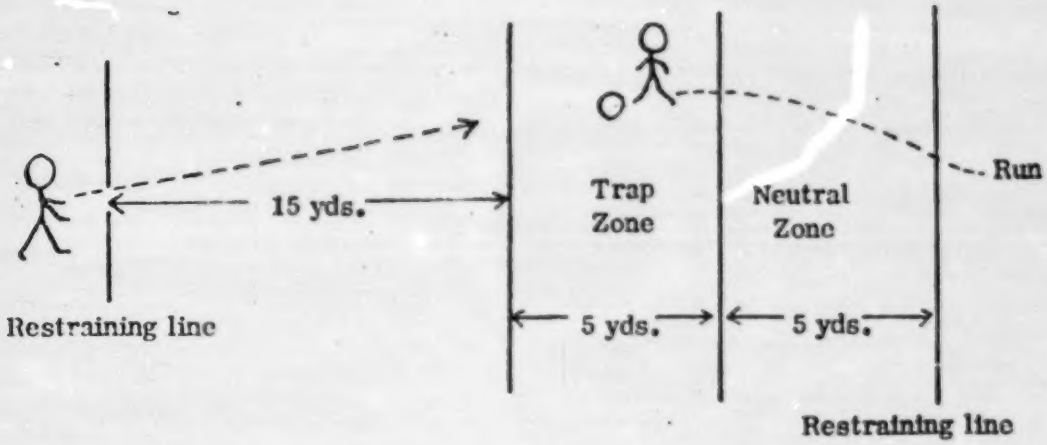
Mark a restraining line of two parallel lines, ten (10) feet apart. Mark lines parallel to the restraining lines, five (5) yards apart.

c. Procedure. Player takes position in the restraining area with the ball, takes steps, drops ball and punts as far as possible. Player must not step on or over the restraining line until after the ball leaves the hands. Retriever marks the point where the ball first hits the ground with a stake and rolls it back to kicking area. Two more kicks are taken and the stake is moved accordingly to mark player's best kick. Measure the best kick perpendicular to the restraining line.
d. Scoring. Record the <u>best</u> of the <u>three trials</u> to the nearest foot.

2. Foot Trap

a. Purpose. To measure ability to adjust body movement to a moving ball and to trap the ball.

b. Equipment
(1) Soccer balls
(2) Field markings



Mark three (3) parallel lines fifteen (15) yards long and five (5) yards apart. Mark a line fifteen (15) yards from trap area for throwing line.

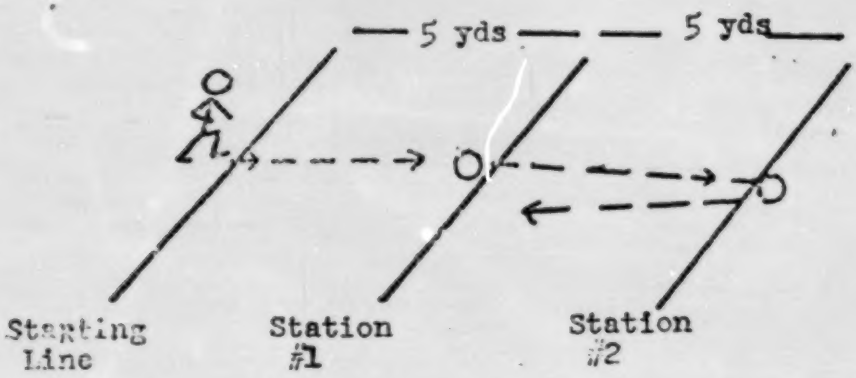
c. Procedure. Player stands behind throwing line. Thrower rolls ball moderately fast toward the trap area. Player moves forward from behind the restraining line to the trap area as soon as the ball is rolled and attempts to make a legal trap. Ball is rolled first to the right of the player, then to the left, and then directly at the player. Ball must be trapped with complete control within the trap area to score a point. Legal traps include using the sole of either foot, inside of lower leg, or front of both legs. A trial consists of nine throws. Two trials will be given.

d. Scoring. A point is scored for each successful trap. The score is total points for each trial. Record the better score of the two (2) trials.

3. Two-Legged Lift

a. Purpose. To measure agility to lift ball to self with both feet.

b. Equipment.
   (1) Soccer balls
   (2) Field markings
   (3) Stop watch



Mark two parallel lines five (5) yards apart and six (6) feet long. Place a soccer ball in center of each line. Mark a starting line five (5) yards from Station No. 1.

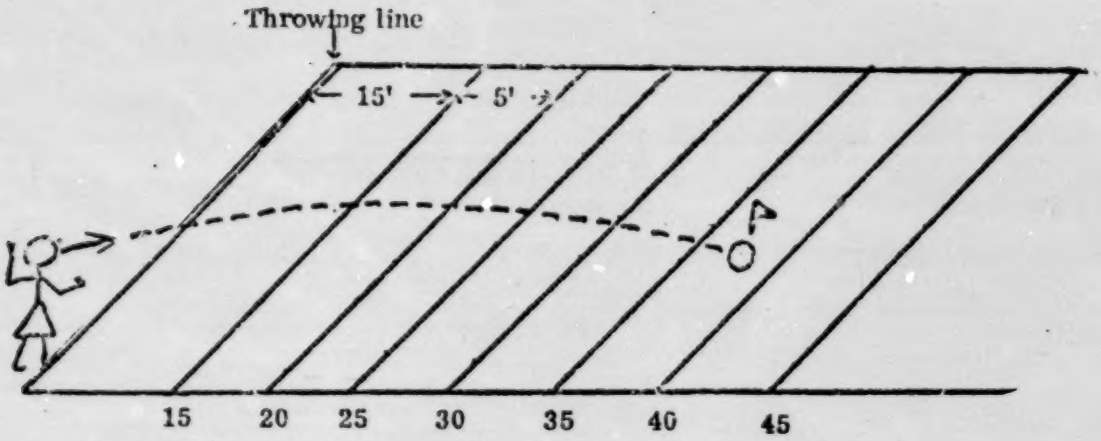
c. Procedure. The player stands behind the starting line and on the signal, "Ready, Go," runs to Station No. 1 and attempts to execute a two-legged lift, catches the ball, places it back on the ground behind line and runs to Station No. 2, and continues to attempt as many lifts as possible in the thirty seconds allowed while rotating between the two stations. If the ball rolls into neutral zone, it must be placed behind the line on the ground (but not between the feet) with the hands before another lift is attempted. Player should use the inside of both feet and ankles to grip the ball, jump upward with knees bent, release by moving feet apart and catch ball in hands. An illegal lift will not be counted. Two practice lifts are given preceding the test. Each player will be given <u>two trials</u> of <u>thirty seconds</u> each.

d. Scoring. The score is the total number of legal two-legged lifts executed in the thirty seconds allowed for each trial. Record the better of two trials.

4. Soccerball Throw

a. Purpose. To measure power and coordination in large ball handling.

b. Equipment.
   (1) Soccerball
   (2) Measuring tape
(3 (3) Stake markers
   (4) Field markings



Mark a throwing line at one end of the course and parallel lines every five (5) yards beginning fifteen (15) feet in front of the throwing line.

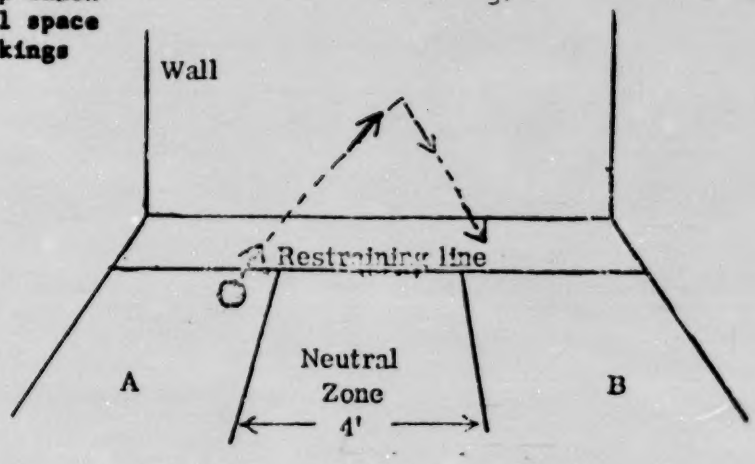
c. Procedure. Take position behind the throwing line with the ball. Throw three consecutive times as far as possible. Do not step on or across the throwing line when throwing or that throw will not be counted. Retrievers will mark the spot where the ball first touches the ground and roll ball back to throwing line. Either an overhand or a sidearm throw is permissable but the overhand throw with a front cross-over approach is recommended. Each player is allowed <u>three throws</u>. The stake will be moved accordingly on each of the three throws to mark the longest throw. Measure the best throw perpendicular to the throwing line.

d. Scoring. Record the best of the three trials to the nearest foot.

5. Wall Foot Pass

a. Purpose. To measure ability to control the ball while moving.

b. Equipment.
   (1) Soccer ball
   (2) Stop watch
   (3) Wall space
   (4) Markings



Draw a restraining line on the floor five (5) feet from the wall and parallel to it. Draw two lines, each four (4) feet in length, on the floor at right angles to the restraining line and four (4) feet apart. Mark "A" and "B" to the left and right of these lines.

c. Procedure. Place ball on the floor at "A". On the signal, "Ready, Go," pass the ball diagonally to the wall with the foot so that it will rebound in a forward direction toward "B". Run across the neutral area to "B" and control the ball with either one or both feet, and again pass it to the wall. Continue back and forth across the neutral area, passing alternately from areas "A" and "B". One point is scored each time the ball hits the wall on a pass started from behind the restraining line and outside the neutral area. Player may cross restraining line to recover the ball but must return to the proper area before making the next pass to the wall. Point does not count if player steps on or over the line while making the pass. There will be a practice trial of four (4) passes to the wall. There will be <u>two</u> (2) trials of thirty (30) <u>seconds</u> each.

d. Scoring. One point is scored each time the ball hits the wall on a pass started from behind the restraining line and outside the four (4) foot neutral area. The score is the total points for each trial. Record the <u>better</u> of the <u>two trials</u>.

6. Zig-zag Dribble

a. Purpose. To measure ability to dribble around obstacles with emphasis on control and speed.

b. Equipment.
   (1) Soccer ball
   (2) Stop watch
   (3) Tires
   (4) Marked area

Place obstacles in a straight line fifteen (15) feet apart with the first obstacle fifteen (15) feet from the starting line.

c. Procedure. Soccer ball is placed on the starting line. On the signal "Go" the player dribbles the ball with his feet around the opposite side of each successive obstacle to the last obstacle, dribbles around the last obstacle and back to the first obstacle in the same manner. When the first obstacle has been reached on the return trip, the ball may be kicked across the starting line. Only the feet may be used throughout the test. If player loses control of the ball, he must regain control legally and continue the test as described. Two (2) trials are given each player.

d. Scoring. Time shall be recorded in seconds and tenths from the starting signal until ball crosses the starting line. The better time of the two trials shall be recorded.

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